



# Passover Seder & Celebration at *Ananda Ashram*

Friday  
April 6th, 2012  
4:00 PM

You are invited to a celebration of the personal and collective journey from bondage to freedom. Included will be the Passover story and its meaning in our lives today, holiday singing, guided meditation, sharing, and reflections on the relationship of Yoga-Vedanta to the theme of freedom.

A festive and delicious vegetarian meal prepared with love and mindfulness will follow.

Celebration, including festive meal: \$20 (included for overnight guests)

**Kindly register in advance at 845.782.5575**



Nomi Bachar, facilitator, is a self-actualization expert, former psychotherapist, and creator of The Gates of Power® method, the key to a fulfilling and rich life. Please visit her website for more information: [www.gatesofpower.com](http://www.gatesofpower.com)

**Ananda Ashram**  
YOGA SOCIETY OF NEW YORK, INC.



Ananda Ashram is a country Yoga retreat providing simple guest accommodations, vegetarian meals, daily meditation, scripture studies, readings, Sanskrit and Hatha Yoga, plus East-West music, dance and more. Located on 85 wooded acres in the foothills of the Catskill Mountains one hour from NYC, easily accessible by car, bus, or train.

[www.anandaashram.org](http://www.anandaashram.org)